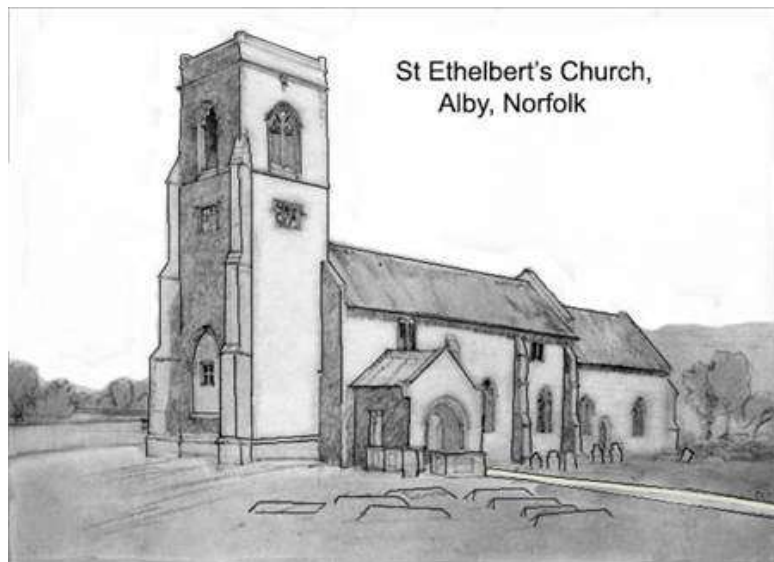


KEEPING IN TOUCH IN SCARROWBECK

DOUBLE ISSUE – August and September

(see back cover for September 2026 services)

This edition is also available on website: www.scarrowbeckbenefice.org.uk



JULY	9th Sunday after Trinity	10th Sunday after Trinity	11th Sunday after Trinity	12th Sunday after Trinity	13th Sunday after Trinity
	2nd	9th	16th	23rd	30th
Alby	--	11 am HC	--	--	
Calthorpe	--	--	--	--	
Erpingham	9.30am Group Service and Healing	9.30 HC	9.30 HC	9.30 HC	9.30am Group Service
Gunton	--	--	--	--	
Hanworth	--	--	--	11am HC	
Ingworth	--	--	--	--	
Thwaite	4pm Evensong	9.30 Morning Prayer	11.15am HC	4pm Evening Prayer	

9.30am Midweek services in Erpingham church

Wednesday 5th	Wednesday 12th	Wednesday 19th	Wednesday 26th
-------------------------------------	--------------------------------------	--------------------------------------	--------------------------------------

Priest-in-Charge of Scarrowbeck Benefice

Rev Canon Heather Butcher

25, Muskett Way, Aylsham NR11 6GF 07786266933 canonhdb@gmail.com

Scarrowbeck Benefice Churchwardens

Alby	Mecki Green	01263 761480	
Erpingham	Keith Harrison	01263 761698	harriswine@doctors.org.uk
	Linda Howard	01263 833323	cicely@danielbrian.co.uk
Thwaite	James Buchan	01263 768901	jebuchan@btinternet.com
	Mary-Claire Marriott	01263 761373	mcmariott@yahoo.com
Hanworth with Gunton	Richard Harbord	01263 768723	richard_harbord@hotmail.com
	Sally Martin (Warden Designate)	01263 761202	

Calthorpe and Ingworth are part of the Diocesan Churches Trust and have no churchwardens

Scarrowbeck Benefice Lay Ministers – LLMs (Permission to Officiate)

The Lay Ministers (LLMs) in this benefice help take services.

Our Lay Ministers are:

Angela Parkes	0779969281
Helen Burrell	01263 768209
Colin Willis	01263 577288
Ian Andrews	01263 732780

In addition, if you, or anyone you know, would like to be to be prayed for please let Heather know and we will gladly pray for you in our own prayers, and at the services if you wish.

Please let Heather know if you know of anyone who has died and they too can be included in our prayers.

If you would like a home visit for any reason, or home Communion, please contact Heather and this can be arranged at a time to suit you.

Clergy Care and Well-Being in our benefice

With the current emphasis on mental health, the Church of England has asked local church councils to consider the wellbeing of their clergy. In the light of this we have decided to remind people of Heather's working days so that her days off are protected. Heather normally works on Wednesdays and Thursdays and two Sundays per month. Inevitably, she works on other days because of weddings and funerals, but we try to avoid unnecessary phone calls when she would not be normally working

PRAYERS FOR THE PARISHES IN AUGUST

2nd August

Week beginning Sunday

2 nd	Hanworth:	Emery's Lane
9 th	Calthorpe:	The Street and Wickmere Road
16 th	Alby:	Church Road, Lane End and Middle Hill
23 rd	Hanworth:	Hanworth Common
30 th	Erpingham Primary School	

PRAYERS FOR THE PARISHES IN SEPTEMBER

6th September

Week beginning Sunday

7 th	Erpingham:	Eagle Lane, Eagle Road, Eagle Close, John Franklin Way and Highnoon Road
14 th	Gunton:	Gunton Park
21 st	Erpingham:	Jubilee Close, Birch Court and Lowlands
28 th	Alby	The Common, Blacksmith's Lane and Church Lane

From the Registers

At St Lawrence, Ingworth on July 4th Ingworth

The wedding of Kathleen Joan Flaherty & Jason Robert John Glasspoole

St Mary's Church Erpingham – Help with the cost-of-living Community Table

The Community Table in the Church continues to be well supported and used.

Thank you to all who provide items for the table.

Food donations to the Community Table can be taken to church .
Items recommended :

Long Life Mil	Tinned Vegetables	Laundry Detergent
Tinned Fish	Pasta Sauce	Shampoo
Tinned Meat	Squash/Fruit Juice	Deodorant
Pot Noodles	Washing Up Liquid	Toilet Rolls

The Letter

Holidays are on the way, a time to be happy and refreshed! I hope you have time to go away or at least have a staycation where you can stop the usual round of work and have some down time. And I do hope you have time to be happy.

I wasn't particularly happy as a teenager as I went to a church that put the fear of God in me. I have begun to wonder whether some people shun church because they have had the fear of God put in them! I also wonder how it is that somehow some of the faithful have made a fearful God out of a God who "loves us with a love that is beyond all telling" to quote a priest I heard on the radio.

If you have had a miserable experience of religion, try reading a book of Julians' sayings. They cheer me up no end. She wrote in terrible times of plague but was able to believe in a God who loved us like a mother with a "homely loving"

Sometimes it seems to be we have replaced a loving God with a god of terror and I wholly reject that kind of teaching. All through the bible despite some nasty bits - love can't be obliterated. It keeps cropping up - you can't keep love down.

So from the ancient Song of songs these words –

I sat down under his shadow with great delight
and his fruit was sweet to my taste.
He brought me to the banqueting house,
and his banner over me, his banner over me,
Was love, was love.

(Singers will know that beautiful anthem) - if not look it up on YouTube - it will make you feel good.

Or maybe just enjoy our beautiful countryside and perhaps perceive a loving hand behind it?

Glory be to God for dappled things,
For skies of couple-colour as a brindled cow,
For rose-moles all in stipple upon the trout that swim,
Fresh - fire coal chestnut-falls, finches' wings:
Landscape plotted and pierced, fold, fallow and plough,
And all trades, their gear, and tackle and trim.
All things counter original, spare, strange,
Whatever is fickle, freckled (who knows how?)
With swift, slow; sweet, sour; adazzle, dim.
He fathers-forth whose beauty is past change
Praise Him.
Gerard Manley Hopkins

Happy Holidays
Heather

An Allotment is fun, whatever your age!

Great for health and wellbeing
sharing time outdoors
observing nature
learning practical skills



Calthorpe's Allotments ...

so much more than just a place to grow food

A few plots still available: jim@dofygate.co.uk / 01263 761798 or 761694

Erpingham with Calthorpe Village Hall **200 Club** **June 2026 monthly draw winners**

The draw took place at "Cake & Coffee" in the Village Hall on Wednesday 24th June 2026.

The winning numbers were:

£30 prize: Number 64

£20 prize: Number 39

As well as the monthly draws of £30 & £20, there is a Grand Draw in December with prizes of £250, £200, £150 & £100. For a one-off payment of £12 a year you stand a chance of winning up to £610! All profits go towards the upkeep and maintenance of the Village Hall. Peter Gidman is the administrator of the 200 Club.

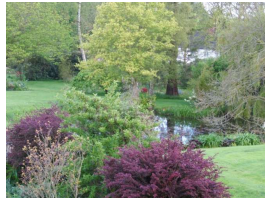
If you are interested in joining the waiting list for a number, please contact him at: petergidman@gmail.com

Keeping In Touch In Scarrowbeck Committee

Editor
Treasurer, Advertising, Distribution & Ingworth rep
Website
Distribution & Erpingham representative
Alby representative
Calthorpe representative
Thwaite representative
Hanworth with Gunton
Incumbent

Linda Howard
Belinda Northey
Corinda Carnelley
Stephen Burrell
Sheila Goodley
Colin Willis
Mary-Claire Marriott
Richard Harbord
Rev Heather Butcher

Alby Gardens – a Little Gem



Come and visit Alby gardens.
They are a hidden gem that many people do not know exist - tucked away at the back of Alby Crafts.

Four acres of consummate quiet and a place to reflect which have evolved over its 45 year history

OPEN Summer: (late March to late October) Tuesday to Sunday 10am to 5pm and Bank Holiday Mondays

St Mary's Mini Melodies

11am
Every Thursday

Erpingham With Calthope
Village Hall, NR11 7QD

Immerse your little one in the enchanting world of music with Mini Melodies! Join us for a delightful hour of musical exploration and percussion play designed for toddlers.

£2 per session
or 12 sessions for £20

For more info:
evebryantvocals@gmail.com



With Pia Shell

Hatha Yoga

Yoga to strengthen, stretch, release and relax
A quiet and mindful practice

Thursday evenings
6.45 - 8.15 pm

Erpingham Village Hall,
NR11 7QB

First class
free of charge

Please contact Pia
pia.shell@gmail.com
07767896610

G'DAY HANDYMAN SERVICES

General property maintenance,
painting & decorating,
man with a van, flat pack assembly,
garden maintenance, odd jobs.
All work considered in the north
Norfolk area.

Telephone: 07876



Erpingham Young People's Choir

For ages 7 to 16 years

FREE



Join us every **Thursday** during term time
from 4:15 to 5:15pm

Erpingham with
Calthorpe Village Hall
NR11 7QD

To sign up & for more information,
please contact evebryantvocals@gmail.com

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Kids! *Pick up some amazing new*

Basketball skills

with

★ **Norfolk** ★
Hoopstars ★



FREE every Saturday, 25 July to 5 Sept
at **Erpingham MUGA**

Come to as many sessions as you like!

Ages 5-10 10am - 11am

Ages 11-17 11am - 12 noon

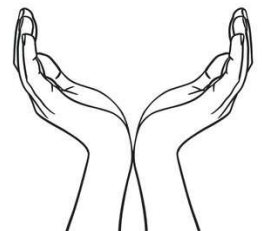
Just turn up & play or email erpinghammuga@yahoo.co.uk for more info

Norfolk Hoopstars - Basketball England East Region Community Club of the Year

Healing Ministry

From the earliest times Christians were involved in prayers for healing.

Religious communities offered hospitality to the sick, grew and used herbs to help with healing through the ages, and they were the founders of hospitals. We are following in this tradition and will be offering laying-on of hands, and prayers for healing, at the end of the service on the first Sunday of each month at Erpingham.



During this time the choir will sing or the organist will play. Requests for prayer will be confidential. It will be a time when the congregation will keep silent prayer. Prayer such as this often brings comfort.

We offer this healing prayer to anyone who would like to come, and we welcome you to church.

St Mary's Erpingham Bell Tower - A Thank You and can you help?

Firstly, a very big thank you to all who came along on Sunday June 28th to learn about the ringing of bells. We hope you all enjoyed the afternoon and thank you for your kind donations for refreshments - we raised £68.50.

We are raising funds for a Bell Tower project at St Mary's Erpingham - to clean and make safe the 15th Century church tower, so that bellringers can ring bells without risk. The tower houses one of the oldest bells in the country dating from the 14th Century. We want to encourage more bellringers and also want to open the tower to the community so that wide reaching views can be enjoyed.

This vital work will ensure both the long-term sustainability of bellringing and improve tower access. Our project consists of cleaning the entire tower, installation of mesh over louvres to stop jackdaws returning, improving tower access by installing handrails on the stairs and hoops, installing sound installation in the ringing chamber ceiling and carpet in the ringing chamber.

Our project will cost in the region of £15,000. We aim to apply to external funders for the lionshare of the project monies. If anyone would like to help us by donating to this project to preserve and extend bellringing and to open up the tower for public access, please contact Belinda Northey, our Treasurer on: belindanortheyis@outlook.com or Rev Heather Butcher on canonhdb@gmail.com. Or you can donate by bank transfer, and let Belinda know by email too. Please put BELLS as the payment reference: Account name: St Marys Parochial Church Council, Account number: 40358452, Sort Code: 20 03 26.

Thank you to anyone who would like to support this project

What an achievement!!!

On Sunday October 4th at 9.30am

At Erpingham Church

Bishop Jane will be coming to
preside at a service to celebrate

***50 Years of Lay Ministry by
COLIN WILLIS***

(who will be 95 years old on October 11th as well!)

Refreshments available

EVERYONE WELCOME

Please come and help celebrate with us



NEED A RELIABLE PLUMBER.....?



Based in Aylsham, I have over 10 years experience as a plumber and have recently set up on my own. I specialize in bathroom fitting and working to support people with disabilities, to ensure they have the most suitable bathrooms and fixtures.

No job is too small!
Call / Text or email.

I look forward to working with you, Joe



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TEL: 01263 761938
FACEBOOK : @TheCoastalKitchen The Spread Eagle
INSTAGRAM: thecoastalkitchen01 thespreadeagleerpingham
WEBSITE: www.thespreadeagle.pub

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Food served: Wednesdays to Saturdays 12pm to 11 pm and Sundays 12pm to 9pm
Thursdays and Fridays 5pm – 9pm
Saturdays 12pm – 9pm
Sundays 12pm – 4pm
Take-aways available

At the heart of the village is our dog-friendly pub with pool table, dart board and a friendly atmosphere. Plus a great selection of drinks and Real Ales. Beautiful large beer garden, with patios and large car park.

EVERYBODY IS WELCOME

Please look online, or on our blackboards outside the pub, for special events and Live music. We also have a function room available to hire for all of your special events and parties including weddings. We are proud to say that due to the money raised from pub quizzes, and your kind support, there is now a defibrillator on the pub wall facing Eagle Road and The Street

Norfolk County Council
“Tech Skills for Life”

At

“Coffee & Cake”

Erpingham with Calthorpe Village Hall



Apologies: Holli Holmes was unable to attend the monthly session in June due to ill health. All being well, the next session will take place in early September. A notice will be posted on “The New Erpingham & Calthorpe Social Network” Facebook page as soon as a date is confirmed.



**Erpingham with Calthorpe Village Hall
on the following Wednesdays:**

**8th April
6th May
10th June
8th July**

From 10.15 until midday

to help and advise on IT skills including:

**Text Messaging, WhatsApp, Phone Storage, NHS App, Digital
Switchover, etc.**

All Welcome

THE VILLAGE BIG BREAKFAST

Saturday 5th September 2026

9am until 11am

Erpingham with Calthorpe Village Hall.

**You are invited to enjoy a cooked English breakfast with a selection of
pastries and cereals.**

(Vegetarian option will be available)

**This event is open to all please bring friends and family or just come
along and enjoy the company of others.**

£10.00 per adult

£5.00 per child or for a non-cooked breakfast

**There will be limited breakfasts to just turn up on the day but to
guarantee your space**

Please call/text

Ro – 07899 842379

Lucy - 01263 768855/07523331118

All proceeds to Erpingham with Calthorpe Village Hall



Erpingham with Calthorpe Macmillan Coffee Morning

Wednesday 21st October 2026 at Erpingham
with Calthorpe Village Hall NR11 7QB

10am - 12noon, raising vital funds for

MACMILLAN CANCER SUPPORT

Please come along and enjoy a cuppa and slice of cake, we
would love to see you...

If you would like to donate a cake 🍰 or a Raffle
Prize, please contact Ros on 01263 761702

Every slice of cake and a cuppa helps make a difference to
supporting people living with cancer.



With three months to go until the 2026 Bike Ride, Walk & Drive on Saturday 12th September, today we launch an exciting new element The Classic Car Road Trip

Choose from one of three historic country houses, Barningham Hall, Houghton Hall or Kirstead Hall as your starting location, then motor your way along Norfolk's country roads, visiting churches on the way to find answers to the Classic Car Fiendish Quiz.



Who knows what you will learn about Norfolk's collection of medieval churches as you make your way to Elsing Hall for afternoon tea, car admiration, and prize giving. As well as a bottle of bubbly for the winning quiz team, there will be prizes for the best photograph of the day, and one for the oldest participating car.

The Entry Fee of £50 will directly support essential repairs to churches and chapels across the county.

Once your application has been received and registered, we will send you an information pack containing full details for the day. Additionally, if you would like to collect sponsorship for your trip to benefit a particular church, you will receive a Sponsorship form in your pack.

Help us to protect Norfolk's unique church heritage.

Full details on our website norfolkchurchestrust.org.uk

ST MARY'S CHURCH, ERPINGHAM

FAMILY FUN AFTERNOON

AT

THE RECTORY, ERPINGHAM

SUNDAY 23RD AUGUST 2026

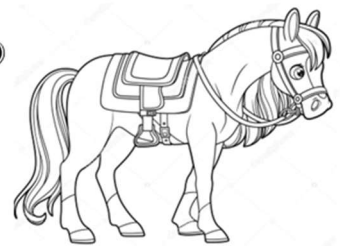
2.00PM—4.00PM

£1.00 ADMISSION—UNDER 12'S FREE

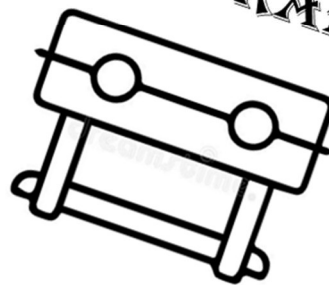
REFRESHMENTS



PONY RIDES



RAFFLE



FAMILY GAMES

PIMMS TENT



Report of the Ordinary Meeting of ERPINGHAM with CALTHORPE Parish
Council held on Wednesday 8th July 2026

In the chair Rob Goodliffe welcomed all those present and apologies were received from Cllr Glen Carr. There were no Declarations of interest. The Council approved the minutes of the Annual Parish Meeting held on May 27th 2026, and the Council approved the minutes the Annual Meeting of the Parish Council held on the same day. Under matters arising on highways matters the Clerk had met with the Norfolk County Council technician had specified the correct location for Erpingham entry sign. The Clerk had followed up with NCC about a new grit bin for Jubilee Close and awaited a reply. On paths the Clerk was asked to ascertain from the new County Councillor if the promised funds would still be available. The condition of the bin at the southbound bus stop on the A140 was poor so the Clerk would investigate a replacement. He would notify Alby-with-Thwaite pc about a similar problem with the northbound one. There was no planning business.

Under finance the Clerk reported that PKF Littlejohn has acknowledged the Council's AGAR submission for exemption so completing the process for this year. The Norfolk alc banking enquiry has provided a complicated response. The Clerk advised that a new 'mileage' rate applied from April 1st 2026 so the next expenses would incorporate this. He had asked the MUGA group for the electricity contribution for 2025-2026, and the Football Club for their contribution. A HMRC paye/nic payment is due this month. The MUGA group had made a contribution to Council funds of £4231.50. The Council approved payments due for electricity, MUGA resurfacing, Village Hall, room hire, grass cutting, HMRC, paye + nic and the Clerk's salary.

On the play area there was no report, but a working party had carried out 'weeding' for which the Council offered sincere thanks. The new path project was reviewed with updates:

Bench – location agreed near Eagle Road - permission required from NNDC; seat funded by A Amies, installation by parish council; a new dog bin is in hand. A kestrel box is to be addressed. A table tennis table is in hand and the Council agreed purchase, approx. £4000. The Council agreed to pursue the acquisition of the land adjacent to the new path. If the transfer opportunity is confirmed the Council would address legal representation, transfer costs, maintenance, budgeting, a risk assessment, acknowledging that the scheme places a new responsibility on the Council.

In reports the Clerk advised that NCC had removed 'local' budgets from their members so offers of NCC funding would not continue. The next meeting is scheduled for Wednesday 9th September 2026. In members' Reports the Council heard that the Agincourt memorial would seek support funds from the Parish Council, so the Clerk would place this on the next agenda. Gerry Cox was working on village updates for the website and sought any further relevant information. The SAM signs would return shortly and that there are now three defibrillators in the parish. SNAP now has a system for rapid tracing of anyone who has been registered in their records. The Hub would be hosting basketball for children in the summer holidays. With no other business the meeting closed at 20.40.

St Mary's Church, Erpingham

HARVEST FESTIVAL



Sunday 11th October

Service at 6.30pm followed by SUPPER at 7.30pm

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"Patience was so easy to work with.
The end result far exceeds my
expectations."



Do you like to sing?
If so why not join the



ERPINGHAM CHURCH BENEFICE CHOIR

Our choir sings on **the first Sunday in every month**

(although not in August or January) at

Erpingham Church at 9.30am

We have a rehearsal on the Thursday before at the house of the Burrells at Paigles, The Street, Erpingham NR11 7QB

We welcome all parts – Sopranos, altos, tenors and basses

We sing an anthem at the beginning of the service, parts of the service itself and another piece during the communion.



EVERYONE WELCOME

whether communicants or not

For more information

Please contact Stephen on 01263768209

or paigleshs@gmail.com



Save the date for the Erpingham Art Group's 2026 Exhibition.

This year members of the Erpingham Art Group will be exhibiting a number of their works at the Erpingham Village Hall in August.

A large number of their paintings will be on display 10am to 4pm on Saturday 22 and Sunday 23 August.

Entry will be free and we will be selling a range of excellent cakes and teas and coffees to raise money for the BIG C Cancer charity.

We hope you will drop in to see what our members have been working on. We are a group of amateur artists, supported to try out new techniques and encouraged to have a go, by our group leader, Jinny.

If you live locally you would be welcome to drop in and join us between 10am and 1pm on Friday mornings

WHATS ON AT ERPINGHAM WITH CALTHORPE VILLAGE HALL

For booking enquiries contact Tony Amies : 07979
381277 / email: amiesanthony@gmail.com
or Scan the above QR code for availability



Day	Activity	Time	Contact
Monday	Pilates	10am to 11am	Sally sally@remedyflows.co.uk 07788102328
Tuesday	Twinkle Toes Baby Massage - Music, Movement and Sensory Classes (by prior arrangement)	10am to 12:30pm	Amber babymassage.twinkletoes@gmail.com 07595167359
	Carpet Bowls (Sept to March)	7pm to 9pm	John johnsnelling0@gmail.com 07300 215830
Wednesday	Coffee Club	10:30am to 12:15pm	Jinny Wells vinden@sky.com
Thursday	Stretch Leisure	9:30am to 10:30am	Annamarie Stretch@daytimefitnessclasses.co.uk
	St Mary's mini melodies	11am to 12pm	evebryantvocals@gmail.com
	Erpingham Young People's Choir	4:15pm to 5:15pm	evebryantvocals@gmail.com
	Yoga	6:45pm to 8:15pm	Pia pia.shell@gmail.com
Friday	Art Group	10am to 1pm	Jinny Vinden@sky.com 01263 768223
	Short Mat Bowls (Sept to March)	2pm to 4pm	John johnsnelling0@gmail.com 07300 215830

KEEPING IN TOUCH PRINTING COSTS

We are grateful to all who donate so generously towards the printing costs of Keeping in Touch. You can now donate securely on line with your smart phone or tablet.
Please scan the QR code.



If any readers would like to make a one-off or regular donation, make a direct payment or set up a Standing Order:

Erpingham Parochial Church Council
Sort Code: 20-03-26
Account Number: 40358452

Please reference the payment "Keeping in Touch"

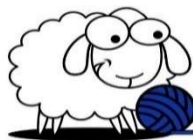
Or send a cheque payable to Erpingham PCC to our Treasurer:

Belinda Northey, St Petroc, Cromer Road, Ingworth NR11 6PJ
(please write "Keeping in Touch" on the back of the cheque)

Please let the Treasurer know if you are able to Gift Aid your donation

Please send items for the **OCTOBER 2026** edition by **14th September 2026** to:

Linda Howard cicely@danielbrian.co.uk 01263 833323



Hooked on Stitching

The Pavilion, Aylsham Recreation Ground

**Your local not-for-profit social enterprise yarn
shop**

Working in the community, for the community

Opening Times

Tuesday to Saturday 10:00am till 5:00pm

Chat 'N' Craft Groups

Crafting not essential, just come for a chat, cake and a cuppa to make friends, share ideas, knowledge and skills. £5:00 donation per session.

Wednesday 1:00 till 3:00pm, Thursday 1:00pm till 3:00pm, Saturday 1:00pm till 3:00pm

Crochet and knitting lesson by arrangement.

For further details please contact Jill on jilly.hookedonstitching@gmail.com

07970 016 961

THANK YOU TO ALL WHO CONTRIBUTE TO THE
PRINTING COSTS OF *KEEPING IN TOUCH IN SCARROWBECK*

Please Support our Local Businesses

CHESTNUT BARN, THURGARTON Spacious self-catering holiday accommodation Sleeps 10-12 plus cots in 4 bedrooms (3 are ensembles). Open plan living area. Enclosed garden with private hot tub. Pets welcome 01263 761169 07918 673716 www.chestnutbarnnorfolk.co.uk	TRAINED PROFESSIONAL CHIMNEY SWEEP SERVICE covering Norfolk - from £70.00 - Same day service - Stove maintenance - CCTV Survey - Smoke Evacuation – NACS Trained. Fully insured. www.mrchimneysweep.co.uk hello@mrchimneysweep.co.uk Tel / WhatsApp 01603 883 463
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KEEPING IN TOUCH IN SCARROWBECK

DOUBLE ISSUE – August & September 2026

(see front cover for August services)



September	14th Sunday after Trinity 6th	15th Sunday after Trinity 13th	16th Sunday after Trinity 20th	17th Sunday after Trinity 27th
Alby	--	11am HC	--	--
Calthorpe	--	--	--	--
Erpingham	9.30 Group Service and Healing	9.30am HC	9.30 HC	9.30 HC
Gunton	--	--	--	--
Hanworth	--	--	--	11am HC
Ingworth	--	--	--	--
Thwaite	4 pm Evensong	9.30am Morning Prayer	11am HC	4pm Evening Prayer

9.30am Midweek services in Erpingham church

Wednesday 2nd	Wednesday 9th	Wednesday 16th	Wednesday 23rd	Wednesday 30th
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